



# Shufu Judo Yudanshakai Shufu Shimbun

(in memory of Malcom Hodges, Shufu's original editor of Shufu Shimbun)

## December 2025



### Upcoming Events:

Dec 5-7 Winter Nationals – Asuza, CA (USA Judo Point event)  
Dec14 Katapalooza – at Sport Judo in Springfield VA

SAVE THE DATE- The next Takemori Clinic clinician will be Kashiwazaki Katsuhio sensei. The clinic will be in early May of 2026. More information to follow.

### Follow Shufu Judo Yudanshakai

Instagram: <https://www.instagram.com/shufujudo>

Facebook: <https://www.facebook.com/ShufuJudoYudanshakai>

Twitter/X: <https://twitter.com/ShufuJudo>



Shufu Judo Yudanshakai held its promotions, Board of Examiners meeting and board of Directors meeting on Saturday November 1 in Beltsville MD. Minutes from both meetings will be distributed.

Congratulations to

**Renee Allard** – DC Judo – promoted from Ikkyu to Shodan

**Najee Shuman** – Hui-O-Judo Beltsville – promoted from Ikkyu to Shodan

**Andrew Furjanic** – Hui-O-Judo Beltsville – promoted from Shodan to Nidan



Shufu Judo Yudanshakai continues to rebound following the COVID pandemic. The judo community suffered a lot during the pandemic since judo is a contact sport which caused overall membership dropped significantly. Many clubs had to shut down completely and were not able to reopen. However, Shufu Judo Yudanshakai remains strong due to many loyal judokas and the commitment to keep judo growing. In 2021 our membership had dropped to 248. As of

December 1, 2025, we have 19 registered dojos comprised of 520 members, of which 132 are dan ranked judoka, 166 are senior judoka and 354 are junior judoka. The current top five clubs by membership are Arlington Judo in Arlington VA, Hui-O-Judo in Beltsville MD., DC Judo in Washington DC, Kuma Judo in Florence MA and College Park Judo in College Park MD





# Capital Kata Festival: Kata-palooza I

## Sunday, December 14, 2025, 8:30am – 4:00pm

Location: Sport Judo, 5405 Port Royal Rd, Springfield, VA 22151

Sanction: USJF 25-XX-XX (pending)

Event Director: Diane Tamai Jackson, Hui-o Judo. On-site Venue Host: Steve Berliner, Sport Judo  
Clinicians: Frances Glaze (Kime-no-Kata); Kristen El Idrissi and Christine Levine (Nage-no-Kata). Supporting  
Kata Experts: Karen Whilden, Diane Tamai Jackson, Karl Tamai

**What is a kata festival?** A community event with several activities. This year: 1) Perform your kata(s) and get feedback; 2) Share a community meal; 3) Attend a kata clinic: Kime-no-kata or Nage-no-kata; 4) Opportunity to test for Kata Judge or Kata Instructor

**Katas:** Nage-no-kata, Katame-no-katame, Ju-no-kata, Kime-no-Kata, Kodokan Goshin Jutsu, Koshiki-no-kata, Itsutsu-no-kata. White or Blue gis okay. White T-shirt/rash guard is okay for all.

**Participation Eligibility:** All Ages. All Ranks. National Membership: USJF, USJA and USA Judo. Membership card must be presented on the day of the event to participate on the mat. Be prepared to follow USJF, CDC, State and/or County guidance for COVID conditions. See USJF website for COVID protocol. Recommended to Bring a personal water bottle.

### **Schedule:**

Saturday evening – Judges and Instructor written exams – Location: Diane's house or zoom

**Sunday** – Location: Sport Judo

8:30: Walk-up registration & check-in, self warm-up

9:00: Bow-in

9:00 – 9:30: Bowing clinic and practice

9:30 – 11:00: Kata performances (and judge scoring practical)

11:00 – 12:00: Lunch (provided by festival)

12:00 – 4:00: Kata clinics (simultaneous): Kime-no-Kata or Nage-no-Kata

### **Festival Fee (perform kata(s), lunch and clinic):**

- Pre-registration: \$25 per person
- Walk-up / Day-of fee: \$40 for USJF members; \$50 for non-USJF members

**Judge or Instructor testing fee:** \$20 (one-time fee)

### **Certificate fee depends on level earned:**

- National Instructor (check to USJF): \$100 per kata– add Note: for Kata Committee
- National Judge: (check to USA Judo): \$100 per kata – add Note: for Kata Committee
- Shufu certification (Regional or Local): \$30 for 1 kata; \$50 for 2 katas; \$70 for 3 katas

### **Payment options:**

- Festival on-line registration: Smoothcomp pay pal
- Festival walk-up registration: cash, check to Shufu, or Venmo to @JudoDTJackson
- Examination fee and certificate for Local or Regional Judge or Instructor Examinations: cash, check to Shufu, or Venmo to @JudoDTJackson
- Certification for National level: USJF for Instructor; USAJudo for Judge

### **What does a judge or instructor examination include? For each kata:**

- 1) Written test (same Basic Test for Instructor & Judge. However, Judge has extra IJF criteria questions)
- 2) Demonstration of Uke and Tori: Perform at Festival, Competitions (bring scores or if known by examiner), or Walk and Talk
- 3) Scoring or Teaching: Judge: Score a kata performance or Instructor: Teach 2 – 4 techniques.



# Capital Kata Festival: Kata-palooza I

## Sunday, December 14, 2025, at Sport Judo

Recommended to bring a personal water bottle. White or Blue gis okay. White T-shirt/rash guard is okay for all. Show Membership verification on-site.

**Participation Eligibility:** All Ages. All Ranks. National Membership: USJF, USJA and USA Judo. Membership card must be presented on the day of the event to participate

on the mat. Be prepared to follow USJF, CDC, State and/or County guidance for COVID conditions. See USJF website for COVID protocol.

Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Contact Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Club: \_\_\_\_\_  
Rank: \_\_\_\_\_ Gender / Orientation: M F O Age: \_\_\_\_\_  
USJF or USJA or USAJudo Number # \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Check all that apply:

\_\_\_\_ I will perform the following kata(s):

Kata name	I am: Tori / Uke	My partner's name:	Score for Promotion: Yes / No

\_\_\_\_ I will attend a Kata clinic: circle one: **Kime-no-kata** or **Nage-no-kata**

\_\_\_\_ I request to test for Judge or Instructor (additional fees): for kata(s): \_\_\_\_\_

**Assistance:** Judo is for all. We will work to accommodate any needs. Please let us know:

I request Special Assistance or Accommodation: No. / Yes: for: \_\_\_\_\_

If assistance is needed, please indicate the type: \_\_\_\_\_.

**Payment:** Pre-pay: \$25 per person. Day-of fee: \$40 for USJF members; \$50 for non-USJF

Cash; Check payable to 'Shufu Judo' or Venmo: @JudoDTJackson

**Waiver:** All must sign a waiver(s). Participants under the age of 18 on the day of the clinic: parent or guardian must sign or bring a waiver.

### WARNING!

#### WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., Shufu Judo Yudanshakai, Inc., Lakeland College Park Community Center, Hui-Judo club, College Park Judo club**, and the officers, employees, volunteers, and agents, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., Shufu Judo Yudanshakai, Inc., Sport Judo, Hui-Judo club** together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT**

Participant Name

Participant's Signature

Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

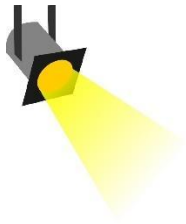
This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Guardian Name

Parent/Legal Guardian's Signature

Date

Parent/Legal



## Judoka Spotlight - Richard Hugh – Delaware Judo 97 years young and still on the mat

In 1953, while serving in the U.S. Air Force, during a tour of duty with the Strategic Air Command (SAC) at Puerto Rico Ramey Air Force Base, Richard Hugh enrolled in a sport judo class started by a sergeant who had just come back from training at the Kodokan. Within less than a year, Kotani Sensei, then a Hachidan, promoted Mr. Hugh to Sankyū during a tour of SAC bases, and gave him membership to the Kodokan. Mr. Hugh sought out the author of one of the few books on Judo available in English



Photo Courtesy of Chuck Medani

and was invited to work out with his group at the Flushing YMCA in New York City. He learned of the New York Dojo headed by George Yoshida. Later, he learned of the Washington Judo Club at the Pentagon where Donn Draeger and Jimmy Takemori were instructors. After his discharge in 1954, Mr. Hugh started school at Virginia Polytechnic Institute. He founded a judo club there and started his membership with Shufu Judo Yudanshakai and the USJF. After graduation in 1957, Mr. Hugh moved to Elizabeth, NJ, to work and began practicing judo at the Elizabeth YMCA Judo Club and at the New Brunswick YMCA Judo Club with Tim Dalton. In 1958, Mr. Hugh changed jobs and moved to Delaware. He started the Wilmington YMCA Judo Club. During this period, he also traveled almost every weekend to the Baltimore Judo Club for workouts on Saturdays and received lessons from Kenzo Uyeno and Lanny Miyamoto. On Sundays, Mr. Hugh and Kenzo Uyeno traveled to the Washington Judo Club. During the early 1960s, two-time All-Japan Champion Takahiko Ishikawa moved to the United States and settled in the Philadelphia area. Mr. Hugh became an assistant instructor at the Ishikawa Judo Club. With the encouragement of Dr. E.K. Koiwai, he started attending AAU meetings, first locally and later nationally. Because of the presence of Mr. Ishikawa, many high-ranking senseis visited his club, among them: Mr. Kudo, Mr. Ishikawa's teacher; Mr. Daigo, an All-Japan Champion (now Judan and head instructor at the Kodokan); Mr. Hosokawa, a well-known expert in unarmed defense; and Mr. Murata, a police champion. Shufu Judo Yudanshakai encouraged competitors to become teachers and referees even during their shiai career. Hugh Sensei became an IJF-referee in 1976.

Even today, at age 97, Hugh Sensei guides referees and teaches at the Delaware Judo & Ju-Jitsu Association.

### Current judo positions

- Hachidan, United States Judo Federation
- Member, Board of Directors, Shufu Judo Yudanshakai
- Member, Board of Examiners, Shufu Judo Yudanshakai
- Technical Advisor, Delaware Judo and Ju-Jitsu Association
- Instructor, Delaware Judo Club
- Class A International Referee, International Judo Federation
- Class A Teacher, USA Judo

### Judo History

- Began judo in 1953 while with USAF in Puerto Rico
- Founder and instructor of VPI Judo Club in Blacksburg, VA
- Founder and instructor of Wilmington YMCA Judo Club in Wilmington, DE
- Assistant instructor of Ishikawa Judo Club in Philadelphia, PA
- Tournament director for the Wilmington Invitation Tournaments for more than 15 years
- Tournament director for the 1972 Senior Nationals in Philadelphia, PA
- AAU Judo Chairman for Virginia district
- AAU Judo Chairman for Middle Atlantic district

- Chairman of USJF Referee Development and Certification Committee
- Chairman of USA Judo Referees Commission
- Chairman of USA Judo Rules Sub-Committee
- Certified Kata Judge for nage-no-kata, katame-no-kata, and ju-no-kata
- President of Delaware State Judo

#### **Here is a recollection by Roy Englert Jr on Richard Hugh.**

Dick Hugh, at the age of 97, continues to contribute to judo. He attends the overwhelming majority of Shufu events. He still runs a judo club in Wilmington, Delaware. He has mentored hundreds of judo referees. Shufu believes that he would be an excellent addition to the USJF Hall of Fame. Dick began teaching judo as the Chief Instructor of the Wilmington YMCA Judo Club in 1958. He has served as chairman of the Referee Development and Certification Committee of USJF. He is a USJF and Kodokan Shichidan, last promoted some 14 years ago in 2006. He has held a Class A Referee License from the IJF since 1976 – some 44 years! He has served as Chairman of the Rules Subcommittee and Referee Commission of USA Judo. Studying to become a referee and ascend the referee ranks under Dick has never been for the faint of heart, and still isn't. But he has generously shared his technical knowledge and experience with lower-ranked or beginning referees for the almost five decades; I have personally known him, and he still does. He encourages people to enter and rise through the referee ranks. He played key roles in my own path from National to IJF-B to IJF-A referee in the 1980s and 1990s. He ably led both the USJF and USA Judo referee commissions. Shufu is a geographically large Yudanshakai. Although it no longer blankets the entire East Coast as it did when it was formed in 1953, it still has clubs from Maine to Mississippi and a few members in Texas. We have had to hold promotionals in "Shufu North" separately from the "Shufu Central" promotionals. It exemplifies Dick's continuing commitment to judo that, as recently as last year, in his 90s, Dick traveled to Massachusetts to help with the Shufu North promotional.

#### **Here is Dick Hugh's personal reminiscences**

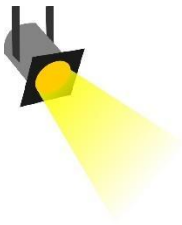
I started judo seventy-two years ago. On a Wednesday afternoon in January 1953 I enrolled in a sport judo class on Ramey Air Force Base in Puerto Rico while stationed there. The class was conducted by Sgt. Paddy McDonald and his assistant Sgt. Kajalahti. Sgt. McDonald just completed his judo and karate training at the Kodokan in Japan. They were instructors in the Physical Conditioning and Combative Measure Unit of the Strategic Air Command (SAC) of USAF. In August that year, a memorable event took place: the visit of the Kodokan team of judo and karate masters led by Kotani Sensei. I and my partner, George Maeda, did randori with them on stage. Before departure the team promoted us to the rank of sankyu each with a brown belt and a Kodokan membership. Mr. Charles Yerkow was a sportswriter and a judoka who had written books in judo. He taught judo at the New York City Flushing YMCA. I contacted and visited him. From there I learned about and visited the New York Dojo with George Yoshida sensei and the Washington Judo Club at the Pentagon with Donn Draeger and Jimmy Takemori. After being discharged in 1954, I studied chemical engineering at Virginia Polytechnic Institute under the GI Bill and started the VPI Judo Club. My first judo competition was in 1955. I and my roommate hitchhiked from Blacksburg, VA to Wayne, Pa to compete at the Valley Forge Military Academy. After graduation in 1957, I went to work for the Esso Oil Company in Linden, NJ, and started the Elizabeth YMCA Judo Club. I also practiced judo at the New Brunswick YMCA Judo Club with Tim Dalton. In 1958 I received my shodan promotion and later that year I accepted a position with the Tidewater Oil Company in Delaware City, DE, and started the Wilmington YMCA Judo Club, where I was the instruction for over 30 years. I also initiated the Wilmington YMCA Judo Invitational Tournament which ran for over a decade. Between 1958 and 1960, I traveled most weekends to practice at the Baltimore Judo Club with Kenzo Ueno Sensei, Lanny Miyamoto Sensei, and John Anderson on Saturdays and the Washington Judo Club on Sundays. Because of injuries, I retired from active competition, but continued to teach and to randori. In fact I became assistant instructor for Ishikawa Judo in Philadelphia where I learned to play the game of go. I never got

beyond the rank of yonkyu in go. At the urging of Dr. E.K. Kowai, I began attending Middle Atlantic AAU monthly meetings and national judo meetings.

In 1972, I was the tournament director for the Senior National Judo Championships held at the Temple University McGonigle Hall in Philadelphia. With the formation of USA Judo I was appointed rules subcommittee chairman and certified as national judge for nage-no-kata, katame-no-kata and ju-no-kata.

In 1976, I was certified as an IJF International Referee and nominated to referee at the 1980 Moscow Olympics, but because of the boycott I could not attend. In 1989 I refereed at the World Judo Championships in Belgrade, Yugoslavia. I have been judo referee chairman of USA Judo and the USJF. In that position I implemented the current national referee certification and evaluation programs. Today I am a shichidan of USJF and hold membership in all three national judo organizations – a requirement to serve the judo community. I am still active in assisting dojos and tournaments with advice and teaching. Old soldiers never die they just fade away.





## Dojo Spotlight

### Kuma Judo

[www.kumajudo.org](http://www.kumajudo.org)  
[ma.kumajudo@gmail.com](mailto:ma.kumajudo@gmail.com)  
413-586-9394




#### SCHEDULE:

Tuesdays - Teens/Adults 7:30-9:30p  
Thursdays - Kids 6:30p-7:15p - Teens/Adults 7:30-9:30p

**LOCATION:** We are up on the second floor of the mill building at 30 N Maple St in Florence, MA. We are located inside of Aikido of Northampton.

**DUES:** \$20/month kids \$30/month adults. Inquire about group and family rates!


## JUDO CLASSES



### Kuma Judo

**Affordable Judo classes in Florence, MA for all ages!**


Learn the martial art of throwing and falling in a constructive environment. Great for both a workout and self-defense!



**WHERE**  
30 N Maple St, Florence MA  
2nd floor  
Inside Aikido of Northampton

**WHEN**  
Youth: Thursdays 6:30-7:15pm  
Adults: Thursdays 7:30-9:30pm

✉ [ma.kumajudo@gmail.com](mailto:ma.kumajudo@gmail.com) (Best contact!)  
☎ (413) 586-9394  
🌐 [www.kumajudo.org](http://www.kumajudo.org)



Sensei Lally & his fellow teachers are longtime instructors who are great with all ages and genders, working patiently to teach basics to beginners, while challenging experts to grow in "the gentle art" of Judo. The importance of learning how to fall, testing our bodies limitations, how to maintain your balance & how to disrupt others balance is an important life skill in many situations. The club is **EXTREMELY** affordable, safe and fun! Highly recommended. This is a great place to learn judo, whether you are just starting out or have been training for years. The sensei takes great care to teach safe, effective technique and approaches each student as an individual. The dojo is a non-profit.



Aiden, Connor, and Gurd represented Kuma Judo at the Keene YMCA tournament on Saturday November 1. Everyone did great and got some nice Ippons! Great work, everyone! Thank you to Ken Durand and everyone at the Keene YMCA Judo Club for hosting this event!



The global judo family celebrated World Judo Day 2025 on 28th October. Since its creation in 2011, this annual initiative of the International Judo Federation has brought judoka, clubs, federations and communities together across the world to showcase that judo is more than a sport: it is an education for life.

This year's theme, PEACE, could not be more timely. In a world marked by division, conflict and uncertainty, judo reminds us of the values that unite us: respect, friendship and mutual aid. The tatami is a place where opponents are never enemies but partners in learning, trust and harmony.

### **Judo for Peace: A Longstanding Commitment**

Since 2007, the IJF's Judo for Peace program has been active in refugee camps, conflict areas and schools, offering children, young people and adults not just a sport, but a pathway to dialogue, reconciliation and hope. Linked to initiatives such as Judo for Children, Judo in Schools, Gender Equality and Judo for All, the message is clear: judo is a universal language for peace.

### **Activities for World Judo Day 2025**

To give full meaning to this year's theme, we invite all judoka, clubs, national federations and communities to take action:

- Organise open training sessions to share judo values
- Host conferences, seminars and inclusive events with families, teachers and community leaders
- Stage public demonstrations in symbolic locations
- Launch media and social campaigns showing that judo builds peace beyond sport
- Distribute diplomas, certificates and posters to mark participation
- Partner with NGOs, schools and local authorities to amplify the message.

### **The Motto: Judo is Peace, Unity and Friendship**

This year's campaign carries the motto: 'Judo is Peace, Unity and Friendship.' It is simple, universal and deeply meaningful. The dojo is more than a training hall, it is a school of life where respect, discipline and friendship are learned and then carried into society.

### **Join the Movement Online**

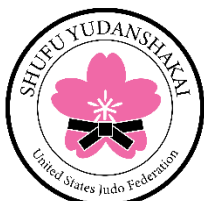
To unite voices worldwide, we encourage everyone to share their activities and stories using our hashtags:

- #JudoForPeace – the global pillar
- #WJD2025Peace – the 2025 edition
- #JudolsPeaceUnityFriendship – storytelling and inspiration

### **A Call to Action**

World Judo Day 2025 is not just a celebration; it is a commitment. On 28th October, let us show that judo is a tool for peace, unity and friendship. Whether you are a judoka, a coach, a parent or simply a supporter, you have the power to take part. Every throw, every bow and every handshake is a step towards a more peaceful world.

**Join us. Share your story. Celebrate peace through judo.**



Congratulations to Brian Lopez, Hui-O-Judo Beltsville/Shufu Yudanshakai, who was chosen to represent the USA on a trip to Japan. The program is called Kakehashi Project. The Japan Ministry of Foreign Affairs and the Japan International Cooperation Center is the organizer. He will depart the USA on October 6 and spend over one week in Japan. It will include daily judo practices, field trips, visiting



various cities and multiple cultural experiences. Each year, several participants are selected to attend the JACL Kakehashi Program, coordinated by the Japanese American Citizens League (JACL) and the Japan International Cooperation Center (JICE), and supported by funding from the Japan Ministry of Foreign Affairs.

Brian was specifically chosen for his contributions to judo as a student judoka, a sensei, a young professional electrician, a family man, his extended family support and his contributions to the society around him.

In 2014, JACL was proud to send four cohorts of student participants to Japan through the Kakehashi Project, hosted by the Japan Foundation. Participants traveled to Japan in May, July, and October, exploring cities and towns across the Country to participate in various cultural activities. Many found connecting to the traditional side of Japan very meaningful. Participants took part in cultural exchanges with their Japanese university peers to get to know one another in the spirit of friendship. Participants were also invited to meet with Japanese professors, political leaders, and business executives to learn about different aspects of U.S.-Japan relations. JACL developed the Japanese American Young Adult Invitation program as an international leadership development program. Today's Japanese American youth are a part of a global community, and an understanding of international and U.S.-Japan relations is integral to their future endeavors. An extension of the JACL youth leadership development programs and the work of the JACL U.S.-Japan Committee, the Kakehashi Project was established to facilitate cross-cultural understanding between Japanese Americans and Japanese, and to encourage a deeper understanding of U.S.-Japan relations.

As a selected participant, Brian will attend an 8-day trip to Japan where they will visit many historical and educational sites, experience traditional and cultural activities, and participate in lectures and workshops. Each trip will visit Tokyo and one or two other cities. Please note: This program is not a leisure-based travel opportunity. It is a high-level cultural and professional exchange specifically designed for individuals who have shown a strong commitment to leadership, community engagement, and cross-cultural understanding. Participants are expected to be representatives of the Japanese American community, JACL, and people of the United States. Participants may be expected to: participate in courtesy calls with members of the Prime Minister's office and members of the National Diet, provide a short presentation about their family history, observe sites of innovation or industry, and engage with local university students. By providing participants with a better understanding of Japan through a variety of fields, including politics, economics, and culture, the Kakehashi Project builds relationships between Japan and Japanese Americans. Kakehashi Project alumni are encouraged to become effective advocates in enhancing U.S.-Japan relations

### **Objectives of the Program**

- (1) To promote mutual trust and understanding among the people of Japan and the USA to build a basis for future friendship and cooperation.
- (2) To promote a global understanding of Japan's economy, society, history, diverse culture, politics, and foreign policy.
- (3) To convey information on the learnings of the program and the charms of Japan to the general public through participants' social media and others.

### **Shufu Yudanshakai Kata Corner**

Are you introducing and teaching your junior judoka kata? We are introducing a new junior nage no kata with just 3 throws – uki otoshi, uki goshi and okuri ashi barai. We are encouraging all junior judoka enhance their judo experience by learning and competing in kata. As they develop, they can move to the first three sets and continue to develop. Shiai is not for all judoka. Kata is an excellent opportunity to grow.



Photo Courtesy of Chuck Medani



**OPPORTUNITY FOR FUTURE PJC's:** The junior divisions are growth areas where brown or black belt judoka ages 15-20 can compete on the USA Team. Of the three junior divisions, there were 2 Nage-no-kata teams, 2 Ju-no-kata teams, and 1 Katame-no-kata team. This is a great opportunity if you have young judoka. The qualifying tournament is the Senior Nationals, which also offered a U21 division.

**Start training now - 2026 Senior Nationals:** starting at 14 years old – Nage, Katame, Ju Under 20 year, Intermediate and Open divisions

**Save the KATA dates:**

- November 8-9 – IJF World Judo Kata, Paris, FRN (USA team qualifies at Sr, Nationals)
- November 21 – Pan-American Judo Kata Championship – Mexico (USA team qualifies at Sr. Nationals or maybe from Eastern US Kata Championships)

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There are two principal ways of practicing Judo: Kata and Randori. Kata, which literally means "form" is practiced following a formal system of prearranged exercise, while Randori, meaning "free practice" is practiced freely. Through Kata practice, trainees learn the principles of techniques.

In the Kodokan, the following nine Katas are mainly adopted;

**1. Nage-no-Kata (Forms of Throwing)**

Three representative techniques are chosen from each of five Nage-wazas: Te-waza, Koshi-waza, Ashi-waza, Ma-sutemi-waza and Yoko-sutemi-waza.

**2. Katame-no-Kata (Forms of Grappling or Holding)**

Five model techniques are chosen from each of three Katame-wazas: Osaekomi-waza, Shime-waza and Kansetsu-waza.

**3. Kime-no-Kata (Forms of Decisive techniques)**

This is to learn the techniques for serious combative fight. It consists of the techniques in a kneeling position (Idori, 8 techniques) and in a standing position (Tachiai, 12 techniques).

**4. Ju-no-Kata (Forms of Gentleness & Flexibility)**

This is an expressive, gymnastic composition of the methods of attack and defense in a series of slow and moderate actions. It consists of three components, Dai-ikkyo (Set 1), Dai-nikyo (Set 2) and Dai-sankyo (Set 3), each of them has five techniques.

**5. Kodokan Goshin-jutsu (Forms of Kodokan Self-Defense)**

This consists of an "Unarmed section" and a "Weapons section". The "Unarmed section" consists of twelve techniques while the "Weapons section" consists of nine techniques.

**6. Itsutsu-no-Kata (Forms of "Five")**

These forms express the mechanism of attack and defense in an elevated way. It consists of five sequences of movements that artistically express the power of nature.

**7. Koshiki-no-Kata (Forms of Classics)**

Kano Shihan highly evaluated the forms of Kito-ryu Jujutsu as they represent the essence of attack and defense. Therefore, he left the forms as Kodokan Koshiki-no-Kata, with little changes. It consists of 14 Omote (front) techniques and 7 Ura (back) techniques.

**8. Seiryoku-Zenyo-Kokumin-Taiiku (Forms of Maximum- Efficiency National physical education)**

It contains both aspects of physical education and martial arts and has forms of attack and defense. It consists of 8 movements of Tandoku-renshu (Solo practice) and 9 movements of Sotai-renshu (Duo practice).

**9. Kodomo-no-Kata**

**»Kodokan KATA Textbook**

If you want to practice Kata at the Kodokan, please refer to the followings:

-General Guidance (please refer to "Kata class")

-Kata Practice Guide (how to participate in the class)



## FY 2026 USJF Fee Increases

### M E M O R A N D U M

**TO:** Individual Members, Member Dojos, Yudanshakais, USJF BOD, USJF BOE, USJF Committees, USJF Exco

**FROM:** Robert Fukuda, Executive Director

**RE: FY 2026 USJF Fee Increases \*\* Effective 09/01/2025 \*\***

We hope that this announcement finds everyone in great health and enjoying the remains of the summer as we approach fall. After much discussion at multiple Board of Directors Meetings, ***new fee increases have been approved and are effective starting on September 1, 2025.*** Please note the fee increase table below:

<i>Description</i>	<i>New Fee</i>
Annual Individual Membership Fee	\$80.00 (up \$10.00 annually/\$0.83 monthly)
Booster Membership Fee	\$25.00 (up \$10.00 annually/\$0.83 monthly)
<a href="#">Yudansha Promotion Fee</a>	Varies (rank dependent, see link)
<a href="#">Sanction Fee</a>	Varies (time dependent, see link)

Please find updated versions of the updated Annual Individual Membership Form, Booster Membership Form, and Yudansha Rank Promotion & Sanction Fees on the [USJF Website](#).

\*\*\*\*\* **PLEASE DISCARD ALL PREVIOUS VERSIONS OF THESE FORMS** \*\*\*\*\*

Please be sure to use the new form and include the correct fee. Use of obsolete/incorrect form(s) and/or submission of incorrect/insufficient fee(s) may result in delayed processing of memberships.

Thank you very much for your support of Judo, your dojo, yudanshakai, & USJF!



Are you receiving the USJF newsletter? Find more information on events, tournaments, and other exclusive USJF member benefits. Visit [USJF.com](#) and scroll to the footer to subscribe.



**USJF – Learning portal** - Please visit the USJF for great teacher and educational resources [Teaching Resources | USJF Education Portal](#)

Please visit the USJF website for more great information. There is a section on contest rules and referee education [Contest Rules and Referee Education | USJF Education Portal](#)



## **USJF Scholarship opportunities**

[Scholarships Resources | United States Judo Federation](#)

**Academic Honors** - The USJF through the Academic Honors Society Committee would like to recognize students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship. Please download a form to learn more about applying for recognition.

- [Elementary-Grade School Application](#)
- [Middle School-Junior High-High School](#)

**Athlete Scholar of the Year** - On behalf of the USJF Athlete-Scholar of the Year Committee (ASOY), thank you for continuing your educational opportunities and creating options for yourselves. It is a sincere desire of United States Judo Federation that you continue to open doors to opportunities and to be life-long learners and Champions of Character. It is USJF pleasure to award this financial assistance as a token of appreciation for your hard work and dedication.

### **Academic honors - Academic Honors Society**

Recognizing students at the elementary, grade, middle and high school level who are excelling at their studies and citizenship.

### **George Balch Scholarship- George C. Balch Scholarship Fund**

To honor George Balch, donations flowed in to the USJF scholarship account in his name. This program has become one of the largest scholarship funding sources in USJF.

### **Elizabeth Lee Scholarship - Elizabeth Lee Scholarship**

The Elizabeth Lee Scholarship was established by Mrs. Ernie Nishi and Mr. Noboru Saito to encourage female judoka to attend Joshi Judo Camp and/or to further their training and development in Judo.

### **Hayward Nishioka Scholarship - Hayward Nishioka Scholarship**

The Hayward Nishioka College to Career Scholarship was established in 2016 by Nancy Washburn to honor Sensei Nishioka's desire for encouraging judoka college students to promote judo in the future in their chosen career.

### **John Osako Referee Fund - John Osako Referee Fund**

The John Osako Referee Fund was established to provide financial aid to aspiring PJU Regional, IJF Continental, and IJF International level referees.

### **Keiko Fukuda Scholarship - Fukuda Scholarship**

The Keiko Fukuda Judo Scholarship was established by Professor Fukuda to encourage female judoka to continue their formal education and/or to further their training in Judo.

### **Tamo Kitaura Referee Development grant - Tamo Kitaura Referee Development Grant**

The grant has been established to provide financial assistance in support of the development and growth of USJF referees.

### **Noboru Saito judo Development Grant - Noboru Saito Judo Development Grant**

The purpose of the grant is to provide funding and support for worthwhile judo developmental projects which may impact a judo participant's personal development onwards to include an indirect activity which may impact judo's growth in North America.

### **Joseph Fitzsimmons Scholarship Fund - [Joseph J. Fitzsimmons Scholarship Fund](#)**

This Scholarship is named after Joseph J. Fitzsimmons, M.D. in honor of the years of service he has provided overseeing USJF events.

#### **How can I support any of the Scholarship Funds?**

You can make a donation of any amount with your annual membership registration. See the membership form. You can contact Executive Director Robert Fukuda at the USJF National Office to make a gift by check at any time.

- U.S. Mail: United State Judo Federation  
P.O. Box 338  
Ontario, OR 97914
- Telephone: 541-889-8753
- Make checks payable to: United States Judo Federation
- Make a note in the memo field indicating “donation” and “the name of the scholarship”

You can check whether your employer matches charitable gifts, and if so, see whether your gift to USJF can be matched within your company’s guidelines. (This may involve sending some paperwork from your company’s giving program to the National Office, where the staff will be happy to process it.)

#### **Is my donation tax deductible?**

The United States Judo Federation is a registered 501(c)(3) nonprofit organization, and donations are tax deductible to the full extent of the law.

#### **How are the funds managed?**

The scholarship funds are held as part of the USJF Endowment Funds, which means that your gift will not be spent out, but will generate interest that will help to fund scholarships year after year – making a lasting contribution to judo.

Contact: [✉ Robert Fukuda](#)  
for further information

### **New USJF Membership Benefit!**



Avis Car Rentals has granted USJF members an exclusive discount code to assist with our judo, personal, and business travel!

Simply provide Avis with the USJF code D027600 when you reserve your rental car online or via phone.

Enroll in Avis Preferred for even more convenient benefits like skipping the counter and going straight to your car.

Thank you to Avis Car Rentals.







The Metro Washington Association of Blind Athletes (MWABA) is a 501(c)(3) organization (EIN: 474118946) of blind athletes and their sighted peers who believe that recreational and competitive sports opportunities should be open to everyone, regardless of their ability to see. We hold programs for blind and visually impaired youth and adults from Washington, D.C., Maryland and Virginia to discover new sports or practice familiar ones in an open and welcoming environment. Our mission also includes teaching blind athletes the physical techniques and body movements that they may not have had a chance to learn through physical education classes. We also share the best way to teach athletic

and kinesthetic skills to the blind and visually impaired population with educators in our area.

MWABA events are all about trying new things, meeting new friends, staying or becoming fit, and having fun! We support one another in achieving a fit and active lifestyle.

Please consider making a donation to support our community! [Donate here!](#)

Our mission is to connect visually impaired individuals in D.C., Maryland and Virginia to activities that will help them live healthy, active and balanced lifestyles!

[OUR ACTIVITIES](#)  
[everyone!](#)

[Metro Washington Association of Blind Athletes – Sports and fun for](#)

**Metro Washington Association of Blind Athletes -**  
**For more information on MWABA visit -** [Facebook](#)

Thanks and see you out there!

Metro Washington Association of Blind Athletes (MWABA) Sports and fun for everyone! <https://gomwaba.org>



We recommends that any minor athlete of USA Judo to take a **free Youth Athlete or Kids Training** offered by the U.S. Center for SafeSport These resources include courses for children of preschool age to high school and are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, where misconduct like bullying or abuse is less likely to happen, and to know where to report abuse, should it occur.

Each course is hosted on [athletesafety.org](https://athletesafety.org) and requires parental consent in order to complete registration. Parents are asked to register on behalf of their child by creating an account.

**All youth modules can be accessed at no cost.**



We also recommend that **any parent of a USA Judo athlete** take the free Parent's Guide to Misconduct in Sport offered by the U.S. Center for SafeSport. This free 30-minute online course is designed for parents of athletes of all ages. The course explains the issues of misconduct in sport and helps parents ensure their children have a positive and safe sport experience.

Please note that this course is an additional resource provided to parents and does not serve as a replacement for the required SafeSport training for those who USA Judo mandates it for.

Let's focus on Continuous Learning and Improvement for a moment. Often referred to as "Kaizen," lies at the



heart of Judo's philosophy. It embodies the idea that growth is a never-ending journey, and there is always room for enhancement and improvement on the side of the athlete, coaches, and referees. In Judo, we understand that mastery is an elusive goal, and the path to improvement is paved with dedication, practice, and a willingness to learn from both successes and failures. This principle extends beyond the dojo, encouraging practitioners to apply the same mindset of perpetual improvement to all aspects of life. Kaizen teaches us that even the smallest positive changes, consistently applied, can lead to remarkable progress over time. It's a reminder that in our pursuit of excellence, the journey itself is as valuable as the destination, and the process of self-improvement is a lifelong endeavor. It's up to us as Coaches in Judo to practice Kaizen and continuously learn for the betterment of our dojos.

<https://amzn.to/3LewOme> AMAZON.COM

**Gemba Kaizen: A Commonsense Approach to a Continuous Improvement Strategy, Second Edition**

### **Contest Rules and Referee Education | USJF Education Portal**

#### **CONTEST RULES AND REFEREE EDUCATION**

The USJF Contest Rules and Referee Education is presented in five modules. Module 1 is for parents, Modules 1- 2 for coaches and referees, Modules 1-2 3; local referees, in addition to Modules 1-2-3, 4 and 5 increase in detail and complexity for judokas, coaches, and regional referees. At the conclusion of the Modules 4 and 5, you will have formulate a solid foundation of the contest rules.

**How can you help Shufu Yudanshakai and the USJF?** Each person in judo has something to offer to help judo to grow. Judo is founded on Jita kyoei- mutual welfare and benefit. What talents, skills, resources or time do you have? How can you help judo to grow in your area? Is there an opportunity to start a new club in your community or school?

**Koka Kids** - For judo coaches, you can find supporting visual teaching material over at the Koka Kids Coaching Library. Here's the link to see everything so far.

<https://kokakids.substack.com>



Each week, they are adding new content, and already there are over 50 judo throws, holds, combinations, drills and fun games to download.

<https://kokakids.substack.com>

How it works, is you will need to sign up. you can choose either the free account or paid account. The paid account is, as these things generally are ... better!

The paid subscription allows you to download everything in the archives, and every week you will receive by email a new technique with visuals you can download and print and use at your dojo.



### **SHAPE America**

The USJF Development committee has align its Jr Rank Requirements with SHAPE America. SHAPE America is our national standards framework for K-12 Physical Education that defines what a student should know and be able to do each stage of developing physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.



at

We are the ONLY Judo organization with professional educators comprised of University Professors, Secondary and Elementary Credential Teachers and Academic School Principals with the expertise to develop such a program.

Visit our USJF “Koka Kids” page, <https://www.usjf.com/koka-kids/> and enjoy the interaction.

For decades, judo has been teaching us several of these important life values. These values are present in each judo lesson all around the world, where we learn and teach our judo community about **Courage, Respect, Modesty, Friendship, Honor, Sincerity, Self-control and Politeness**. Let the values of our sport inspire you to stay strong and positive!

- **Courage:** Doing what is right
- **Respect:** Respect the people around you and the community we live in.
- **Sincerity:** To seek the truth and express honestly - Be honest with yourself and with others.
- **Self-control:** To have power over yourself and your greatest challenges- Keep calm and think before you act.
- **Politeness:** Our greatness comes from how we treat others
- **Friendship:** It's the purest human feeling. We are all learning together. We are all different, from different countries, have different cultures and different backgrounds. We are all equal. We help each other as much as we can and treat everybody as you would treat yourself and as you would love to be.
- **Modesty:** We are more than ourselves - Each one of us is a champion. Together we are strong. Each person on this planet contributes to a better future for all of us. Stop and think about all these people around you who are contributing to a better world. Take a moment to thank them for all of their hard work and dedication.
- **Honor:** Be true to your word and your principles - Even in adversity, we must stick to our values. We It continue our lives with strong and healthy spirits.

Always remember, that the strongest mottos of judo are: ‘Mutual aid and benefit’ and ‘Maximum efficiency’. We need to apply these principles every day. Only then will we find our ‘DO’ (way) in these difficult moments. Let’s work together and bring our values to life. Our Judo values will help keep us strong, while helping us to grow and develop.

**Save the Date** May 9-10 Jimmy Takemori Memorial Clinic featuring Katsuhiko Kashiwazaki, dan,



8th



## **Understanding the Philosophy of Judo: Harmony and Mutual Benefit**

### **The Principles of Judo**

#### **Jita Kyoei: Mutual Benefit**

Jita Kyoei, which translates to "mutual benefit," is one of the fundamental principles that underpin the philosophy of Judo. It emphasizes the importance of cooperation and harmony in all aspects of life. In Judo, practitioners learn not only self-defense techniques but also the value of helping others and working. Mutual benefit in Judo goes beyond the physical realm. It promotes the idea of mutual respect, understanding, and empathy towards others. By practicing Jita Kyoei, individuals learn to develop a strong sense of community, fostering positive relationships and contributing to the greater good. In the context of Judo training, Jita Kyoei is exemplified through the practice of Randori, which involves free-style sparring with a partner. During Randori, both participants aim to improve their skills while also ensuring the safety and well-being of their training partner. This principle encourages practitioners to focus on benefiting themselves while simultaneously helping their partners grow and progress.

#### **Seiryoku Zenyo: Maximum Efficiency**

Seiryoku Zenyo, meaning "maximum efficiency," is another crucial principle in Judo. It emphasizes the use of minimal effort and energy to achieve the desired outcome. Judo practitioners learn to exploit their opponent's weaknesses and use their own strengths effectively, rather than relying solely on brute force. By understanding the principle of Seiryoku Zenyo, practitioners develop the ability to analyze situations quickly and make strategic decisions. They learn to conserve energy and use their opponent's force to their advantage. This principle not only applies to physical techniques but also to mental and emotional aspects of life. It teaches practitioners to stay calm and composed, utilizing their resources efficiently to achieve their goals. The principle of Seiryoku Zenyo is particularly relevant in self-defense situations, where individuals may face stronger or larger opponents. By applying this principle, Judo practitioners can defend themselves effectively, even against seemingly insurmountable odds.

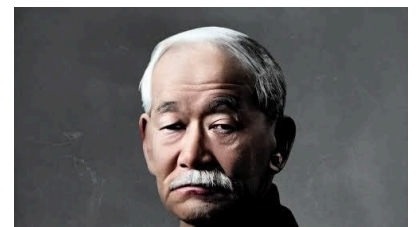
#### **Ju No Ri: The Principle of Gentleness**

Ju No Ri, often known as the principle of gentleness, is a core tenet of Judo. It teaches individuals to approach conflicts and challenges with a calm and non-aggressive mindset. Contrary to popular belief, gentleness in Judo does not imply weakness but rather a strategic approach to overcome obstacles. This principle emphasizes the importance of flexibility, adaptability, and resilience. Judo practitioners learn to yield to their opponent's force, redirecting it to gain an advantageous position. By practicing Ju No Ri, individuals develop mental and emotional strength, enabling them to remain composed in difficult situations. In everyday life, the principle of Ju No Ri encourages individuals to seek peaceful resolutions and avoid unnecessary conflicts. It promotes empathy, understanding, and the ability to find common ground with others. By embodying gentleness, Judo practitioners inspire and promote a harmonious and cooperative society.

In conclusion, the principles of Judo, including Jita Kyoei (mutual benefit), Seiryoku Zenyo (maximum efficiency), and Ju No Ri (the principle of gentleness), not only guide the practice of this martial art but also provide valuable insights for personal growth and interactions with others. Understanding and embracing these principles can lead to a more harmonious and fulfilling life both on and off the Judo mat.

#### **The Philosophy of Judo**

Judo, a Japanese martial art created by Jigoro Kano, is not just a physical combat sport but also a way of life. It encompasses a profound



philosophy rooted in the principles of harmony and mutual benefit. Understanding the philosophy of Judo is crucial for practitioners to fully grasp the essence of this martial art.

### **Harmony with Others**

Central to the philosophy of Judo is the concept of harmony with others. Judo emphasizes the importance of cooperation and mutual respect both on and off the mat. In Judo, the objective is not to defeat or overpower the opponent but to use their energy and strength against them. This principle of harmony encourages practitioners to seek peaceful resolutions, to understand and empathize with others, and to find common ground even in the face of conflict. By practicing Judo, individuals learn to cultivate harmonious relationships, not only in the context of martial arts but also in their daily interactions. The philosophy of harmony with others extends beyond the physical techniques, teaching practitioners valuable life skills such as effective communication, teamwork, and conflict resolution.

### **Harmony with Nature**

Another core aspect of the philosophy of Judo is the pursuit of harmony with nature. Judo recognizes the interdependence between human beings and the natural world. Practitioners are encouraged to respect and understand the natural laws and cycles that govern life. In Judo, this harmony with nature is reflected in the fluidity and adaptability of techniques. Like water flowing around obstacles, Judo practitioners learn to adapt their movements to the circumstances and take advantage of their opponent's weaknesses. This understanding of nature's principles teaches practitioners to be flexible, patient, and to embrace change rather than resist it. By fostering harmony with nature, Judo practitioners gain a deeper appreciation for the world around them and develop a sense of responsibility towards the environment. They learn to live in harmony with the natural world, promoting sustainability and ecological awareness.

### **Harmony with Oneself**

The philosophy of Judo also emphasizes the importance of harmony with oneself. Judo practitioners strive to develop physical, mental, and emotional balance. Through rigorous training, they learn to understand their own strengths and limitations, and to overcome personal challenges. Judo encourages self-reflection and self-improvement. By cultivating a harmonious relationship with oneself, practitioners develop self-confidence, discipline, and a positive mindset. This inner harmony allows them to face adversity with resilience, to stay focused and composed under pressure, and to maintain a sense of inner peace. Ultimately, the philosophy of Judo teaches individuals to strive for balance in all aspects of life. By harmonizing with others, nature, and oneself, practitioners of Judo not only become skilled martial artists but also develop into well-rounded individuals who contribute positively to their communities and society as a whole.

In conclusion, the philosophy of Judo is rooted in the principles of harmony and mutual benefit. By emphasizing the importance of balance, respect, and cooperation, Judo practitioners strive to achieve not only physical strength but also emotional and mental well-being. Through the practice of Judo, individuals learn valuable life lessons that go beyond the confines of the dojo. They develop a deep understanding of the interconnectedness of all things and the power of unity. Ultimately, the philosophy of Judo inspires individuals to seek harmony and mutual benefit in all aspects of their lives, fostering a sense of personal growth and positive impact on the world around them.

### **Is judo the right sport for kids?? (Article from the path of martial arts.com)**

Are you thinking about enrolling your child in martial arts but aren't sure which style to pick? Judo is an excellent choice for kids, offering a perfect balance of physical activity, discipline, and character development.



This article will explore how Judo measures up to the most important qualities parents look for in a martial art. From discipline and life skills to safety and fitness benefits, we'll cover everything you need to know about Judo for kids. Whether you're new to martial arts or comparing different styles, this article will help you make an informed decision about whether Judo is the right fit for your child's development and your family's goals. Judo is a Japanese martial art that excels in standing takedowns and throws. It is famously said that judoka hit their opponents with the planet instead of their fists. Judo is a fantastic choice for kids' martial arts training, excelling in key areas that are highly valued by parents. This style earns an "A" tier rating for its strong focus on discipline, respect, and self-defense, all in a safe and supportive setting. As one of the most widely practiced martial arts in the world, Judo helps children build confidence, improve focus, and develop lifelong values. With its emphasis on balance, control, and mutual respect, Judo is much more than just throws—it's a foundation for personal growth. Judo is a great martial art for kids, giving them a strong base in self-defense that can be built on with grappling, striking, or weapons training later.

Judo provides a strong foundation for children to develop discipline, life skills, and values.

**The values of Judo are actively practiced and taught to young students:**

- **Courage:** Doing what is right
- **Courtesy:** Showing respect for others
- **Friendship:** Considered the purest human emotion
- **Honor:** Being true to one's word
- **Modesty:** Speaking of oneself without pride
- **Respect:** Essential for building trust
- **Self-control:** Remaining calm, especially when angry
- **Sincerity:** Expressing oneself honestly

These values are upheld by strict etiquette, such as showing respect to instructors, classmates, and bowing when entering class. Judo teaches kids to handle conflict resolution with controlled actions and problem-solving, not aggression. Students learn to set goals as they work towards higher belt ranks. They develop perseverance by putting in consistent effort over time.

**Judo is a full-contact martial art, but safety measures, falling techniques, and separating kids' classes from advanced training make it quite safe.**

In kids' Judo programs, more intense Judo moves like joint locks and choke holds are restricted and only used at higher levels. Children in Judo learn basic moves under close supervision and practice their throws on impact-absorbing mats. Unlike many martial arts, Judo doesn't use strikes. It focuses on using an opponent's energy against them, which lowers injury risk. Kids will also learn breakfalls, which reduce injury risks from Judo throws and teach valuable safety skills to prevent fall injuries in everyday life. At advanced and competitive levels, Judo is a full-contact grappling sport with powerful throws that can sometimes lead to injuries. Studies show that high-intensity Judo competitions have an overall 3.6% injury rate (excluding scratches), with over 80% affecting the upper body. Even at this level, most Judo injuries are treated on-site, letting athletes keep competing. Overall, Judo is a safe martial art and sport for all skill levels.

**Judo classes for kids are usually led by experienced instructors who understand how to communicate effectively with children.**

The atmosphere is often supportive and inclusive, with a focus on personal growth and mutual respect. Since instructor and class culture varies between Judo dojos, parents should inspect a dojo and see if the environment is a good fit for their kids.

**Tips for Parents Evaluating Dojo Culture:**

- **Observe a Class:** Parents should watch how instructors interact with students and handle challenges.
- **Meet the Instructors:** Discuss their teaching philosophy and approach to working with children.
- **Inspect for Safety:** Ensure the Judo program has a 'safety first' policy, enough instructors for supervision, and high-quality mats.
- **Check the Dojo's Policies:** Look for clear rules about discipline, safety, and student progress.

- **Talk to Other Parents:** Getting feedback from those whose children are already enrolled can provide insights into the dojo's culture.

Judo is a very popular martial art for kids, known for teaching good values, being widely available, and offering a competitive sport aspect. Judo grew in popularity after joining the 1964 Olympics, and the International Judo Federation has helped spread national federations across the world. Kids find Judo "cool" because it teaches lots of throws and grappling. As an Olympic sport with a competitive scene, it can also appeal to kids. Judo is widely available, with many dojos worldwide and the IJF's "Judo in Schools" program introducing it to kids aged 7-19 in schools. Most judo instructors know how to train kids and structure their classes to suit young students. They often mix fun with learning to make the classes engaging. Judo is great at takedowns and teaches some grappling, but it has gaps in striking and weapons. Judo excels at controlling fights through opponent manipulation, combining strong standing defense with powerful throws and takedowns. Judo also teaches a few grappling techniques, chokes and joint locks, making judoka versatile fighters in any situation. Judo is a solid choice for kids to build a foundation in fighting and self-defense.

**Many studies show Judo has numerous fitness and health benefits for kids. Here are some findings:**

- Judo training helps kids keep a healthy weight by maintaining or reducing body fat and building muscle.
- Regular Judo practice improves heart and lung function in children.
- Judo has been shown to boost mental health, helping kids feel more confident, have a better body image, and enjoy a higher quality of life.
- Judo training strengthens bones, which is especially important for children as they grow.

**Judo strengthens the whole body, especially the upper body for throwing opponents. It also improves flexibility and increases range of motion.** The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity per week. Three weekly Judo classes meet that goal. Judo classes are typically affordable and widely available, with flexible schedules that can accommodate busy families.

On average, you can expect to pay between \$150 and \$250 a month for 2-3 Judo classes per week. Judo class prices vary widely, from \$25 to \$500+ a month, depending on factors like location, dojo quality, special programs, and private lessons. Judo uniforms for kids usually cost between \$30 and \$270. Costs can vary depending on the school, but Judo is generally accessible to most families.

**WE NEED YOU!**



We need you!! –Part of judo is Jita Kyoei – mutual welfare and benefit. Judo is a wonderful community of giving people who share a common interest. Each one of us has unique talents and resources that we can share. In order for judo to grow and develop we need your assistance. How can you help judo? What can you do to make a difference in your dojo or in the judo community? What do you love about judo, your club, the experience? How has judo impacted your life? Please share your thoughts, feelings, and suggestions with us.

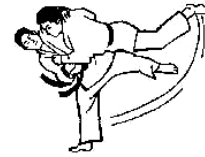
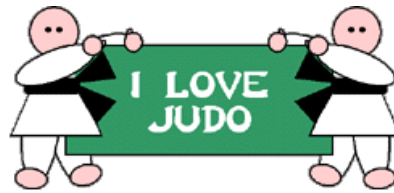


### **Club Updates from Shufu Judo Yudanshakai –**

- Has your dojo started back to live in-person practices? Send us a write up about your club.
- **Please Share news about your club with us. Send us news, photos, and events.**

Develop Yourself to Your Fullest Potential So That You and Others May Live Harmoniously





For more information contact :

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Visit the website at <http://www.shufujudo.org>

